## December FREE Diabetes Education Classes

Tara Stevenson, RN, BSN, CDE Aubrey Monical, RD, LD

What Causes Diabetes?
12-5-2017 1pm

Healthy Holiday Recipes 12-7-2017 1pm

Keeping Active and on Track this Winter 12-12-2017 10 am

How To Stay Safe With Diabetes 12-14-2017 1pm

Cope With Holiday Season Stress
12-19-17 2017 1pm

Choose the class that's right for you!

Classes are FREE for all patients with diabetes, family members also welcome.



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